

**From Your Chaplain, Fr. Dan Brandt...**



Thank you to Chaplain Kimberly Lewis-Davis for facilitating last month's police marriage workshop, which drew dozens of police couples together. What a great opportunity to learn from each other (and from our speakers/panel members) ways to strengthen police marriages, which are strained by so many outside factors. Keep an eye on this column for

similar opportunities in the future.



We began the Lenten Season on Ash Wednesday, the 26th of February. Invariably, when the topic of **Lent** comes up, the question arises, "So, what are you *giving up*?" The usual responses, of course, are "Chocolate" or "Beer."

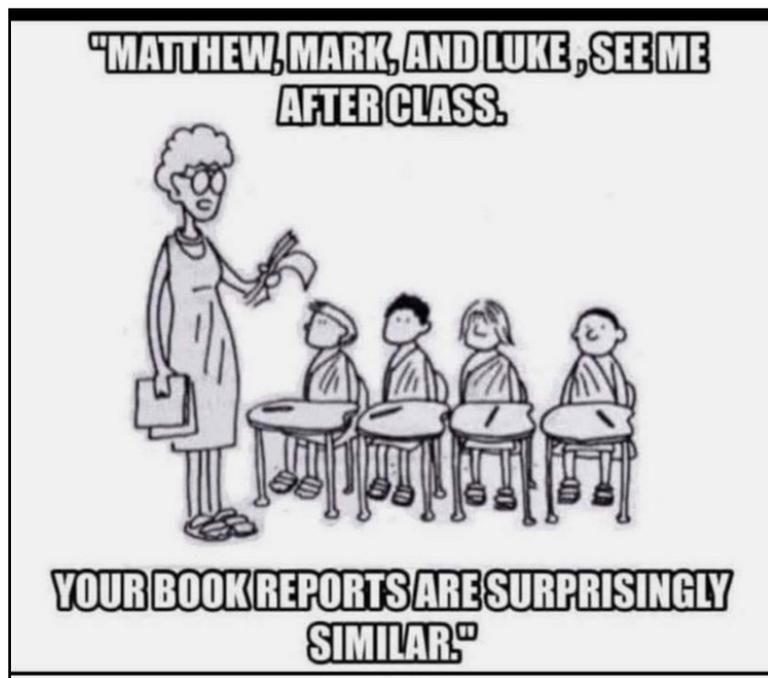
These examples of "Sacrifice" reminded me of my attempt several years ago to give up coffee. Coffee is one of my best friends, so that particular Lenten sacrifice lasted about a week...*and it was perhaps the most miserable week of my life!*

WHY, then, do we “give up” stuff if doing so makes us (and those around us) miserable? Sure, sacrificing allows us to better relate to those who are less fortunate. Our 40-day Lenten journey mirrors that of Christ himself. That in mind, I re-aligned my Lenten priorities some years ago and decided: RATHER THAN “GIVING SOMETHING UP,” ... WHY NOT **DO** SOMETHING SPECIAL??!?

I have a CPD buddy who committed himself to reading the entire bible last year. He has almost gotten through the entire Old Testament...so he's more than half-way to his goal. This is a daunting task...so if you would like to take on such a challenge, may I suggest reading just a chapter or two--even randomly--every day.

St. Helen Parish (2315 W. Augusta) will host a **Blue Mass** at 12:30 p.m. on Sunday, 29 MAR. Join us as we pray for the safety of all police officers!

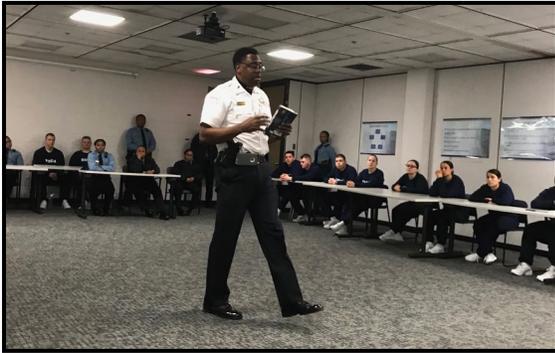
Those who are familiar with the gospels will enjoy this cartoon...



You'll hear the Old and New Testaments proclaimed in church on weekends. You are always welcome to pray with us at the **Police Mass** at Mercy Home (1140 W. Jackson Blvd), celebrated the second and fourth Sundays of each month at 11:00 a.m. (Please note that on Easter Sunday, Mass will be celebrated at 10:00 a.m.)

For the sake of on-duty worshippers, Mass lasts less

than a half hour. Coffee and rolls are served after Mass for those who wish to stay and socialize. While this is a Catholic Mass, ALL are welcome! Bring your family.



Also, every Friday (year-round, not just during Lent) at 1300 hrs, Chaplain Joe Jackson facilitates a voluntary Bible study/prayer/faith-sharing group at the police academy. In recent months, as many as 75 recruits, officers and civilian employees of varying faiths have attended these brief Christian-based gatherings.

We offer the same prayer service at HQ every Wednesday at 1:00 p.m.

If you'd like more information about these opportunities, please reach out to Chaplain Jackson at 312/771-6684 or [Joseph.Jackson@ChicagoPolice.org](mailto:Joseph.Jackson@ChicagoPolice.org).



May the rest of your Lenten journey be blessed and spiritually fruitful!

Thank you for doing (or *having had done*) God's work!

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